

# Cooling Down

拍数: 160      墙数: 1      级数: Beginner  
编舞者: KimSam (KOR) - May 2025  
音乐: Before Sadness Come (슬퍼지려 하기전에) - COOL (쿨) : (Album: Destined For The Bestbum: Destined For The Best)



Intro: 32 Counts (Walking in place)

TAG: 32c (Do some light neck exercises and breathing exercises for 32 counts.)

The instructor can face them, and start with your left foot.

Stretching seems like a good exercise to relieve tension in the body, especially at the end. Stretching, which continues lively with Cool's emotional melody, will also provide a comfortable ending for the audience.

## [1-8] VINE RIGHT, JUMP & CLAP

1234      Side R to R (1), Behind L to R (2), Side R to R (3), jump slightly with both feet together and clap your hands (4)  
5678      Side L to L (5), Behind R to L (6), Side L to L (7), jump slightly with both feet together and clap your hands (8)

## [9-32] REPEAT

## [33-40] TOUCH SIDE, TOUCH BESIDE, STEP SIDE, TOUCH TOGETHER, (R-L)

1234      Touch R to R (1), touch R beside L (2), step R to R side put your weight on your right foot (3), touch L beside R (4)  
5678      Touch L to L (5), touch L beside R (6), step L to L side put your weight on your left foot (7), touch R beside L (8)

## [41-64] REPEAT

## [65-72] V-STEP ×2 (twice)

1234      R diagonally fwd (1), L diagonally fwd (2), R center position (3), L center position (4)  
5678      R diagonally fwd (5), L diagonally fwd (6), R center position (7), L center position (8)

## [73-80] REPEAT

## [81-88] JAZZ BOX ×2 (twice)

1234      Cross R over L (1), L behind R (2), R to R side (3), forward L over R (4)  
5678      Cross R over L (5), L behind R (6), R to R side (7), forward L over R (8)

## [89-96] REPEAT

## [97-104] STEP RIGHT HITCH, TOUCH ×4

1234      Diagonally R to R (1), step L hitch, (touch your knees with hands) (2), touch L to L side (3), L hitch, touch your knees with hands (4)  
5678      touch L to L side (5), L hitch, touch your knees with hands (6), touch L to L side (7), L hitch, touch your knees with hands (8)

## [105-112] STEP LEFT HITCH, TOUCH ×4

1234      Step L to L side (1) R hitch, touch your knees with hands (2), touch R to R side (3), R hitch, touch your knees with hands (4)  
5678      touch R to R (5), R hitch, touch your knees with hands (6), touch R to R side (7), R hitch, touch your knees with hands (8)

## [113-120] REPEAT [97-104]

## [121-128] REPEAT [105-112]

**TAG HERE Tag the second session wall.**

**Do some light neck exercises and breathing exercises for 32 counts.**

**[129-136] V-STEP ×2 (twice)**

1234                R diagonally fwd (1), L diagonally fwd (2), R center position (3), L center position (4)

5678                R diagonally fwd (5), L diagonally fwd (6), R center position (7), L center position (8)

**[137-144] REPEAT**

**[145-152] JAZZ BOX ×2 (twice)**

1234                Cross R over L (1), L behind R (2), R to R side (3), cross L over R (4)

5678                Cross R over L (5), L behind R (6), R to R side (7), cross L over R (8)

**[153-160] REPEAT**

**TAG Do some light neck exercises and breathing exercises for 32 counts.**

**\*You can modify it to suit your taste.**

**[1-8] BREATHING ARM RAISE**

1-8                Take a deep breath and slowly raise both arms.

**[9-16] BREATHING ARM RAISE**

1-8                Exhale and lower slowly

**[17-24] SIDE STRETCH**

1-8                Lean to the left and stretch your right side.

**[25-32] SIDE STRETCH**

1-8                Lean to the right and stretch your left side

**\*ENDING MOTION: 1Count**

**Extend both arms up and down while stomping your right foot next to your left foot.**

**Have a healthy and happy time with line dancing**

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